**WOLFE COUNTY HIGH AND MIDDLE SCHOOL LUNCH MENU 2015-2016**

 **WEEK 1 CYCLE MENU**

**Item# Monday Week 1 Item # Tuesday Week 1 Item# Wednesday Week 1 Item # Thursday Week 1 Item # Friday Week 1**

709361 Chicken Nuggets 5=2oz 565041 Cheeseburger 437440 Pepperoni Pizza Recipe Beef & Cheese Lasagna Recipe Chicken Fajita Wrap 2oz

112401 W/G Rolls/1.5 comm. w/American Cheese 1 oz 437430 Cheese Pizza w/WG Texas Toast USDA Shredded Cheese

 Tomato Slice 1/4c 811530 Tortilla W/G

613738 Mashed Potatoes ½ c. 249111 Lettuce Jammers (1 leaf) 560545 Baby Spinach ½ c 560545 Baby Spinach ½ c 451730 Romaine Ribbons ½ c

118915 Glazed Carrots ½ c 822477 Baked Beans ½ c 569551 w/Cherry Tomatoes 1/2c 569551 w/Cherry tomatoes 1/4c 508616 Diced tomatoes ¼ c

769878 Green Beans ½ c 200697 Baked Fries 1c 283339 Broccoli & Cauliflower ½ c Cucumber slices ½ c 598453 salsa ¼ c

 613967 Baby Carrots ¼ c 293962 Refried Beans ½ c

 283730 Whole Kernel Corn 1/2c 555169 Spanish Rice ½ c 605565 Peppers & Onions ½ c

198013 Orange wedges ½ c 256770 Canned Peaches ½ c 509221 Pineapple Tidbits ½ c 135440 100% Apple Juice 4oz 212768 Strawberries ½ c

278971 Applesauce ½ c 201456 Red Delicious Apple ½ c 612448 Mandarin Oranges ½ c 838411 Cantaloupe/Honeydew 200999 Whole Banana ½ c

 Chunks ½ c

255521 Ketchup 2 pkgs 9 gram 159950 Mustard 2 pkgs. 5.5 grams 825010 Light Ranch Dressing 1 pk 825010 light Ranch Dressing 1 pk 853190 Sour Cream FF

294659 BBQ Sauce/1pk-1oz 255521 Ketchup 2 pkgs. 9 gram 140931 Light Italian 1pk 140931 Light Italian 1 pk. 192007 Taco Sauce/2 pkg-9 gm

Prairie Farms Low fat/skim Prairie Farms Low fat/Skim Prairie Farms Low fat/Skim Prairie Farms Low fat/Skim Prairie Farms Low Fat/Skim

Milk 8oz Milk 8oz Milk 8oz Milk 8oz Milk 8oz

**WEEK 2 CYCLE MENU**

**Item # Monday Week 2 Item # Tuesday Week 2 Item # Wednesday Week 2 Item # Thursday Week 2 Item # Friday Week 2**

533830 W/G Chicken Strips Recipe Beef Taco 641402 Chicken Sandwich Recipe W/G Spaghetti w/meat sauce 200174 Hot dog/w/g bun

3=2.5oz Chili (482075)

2/2oz w/WG Texas Toast 720526 W/G tortilla 1.5 oz W/G bun -2oz 787440 w/Bosco Stick 4” =1 grain USDA Shredded Cheese

277862 - 1 slice – 2oz USDA Shredded Cheese

613738 **Mashed Potatoes 1/2c** 451730 **Romaine Ribbons ½ c** 249111 **Lettuce Jammers (1 leaf)** 560545 **Baby Spinach ½ c 822477 Baked Beans ½ c**

**769878 Green Beans 1/2c 508616 Diced tomatoes ¼ c Tomato Slices ¼ c 735787 Chopped Romaine ½ c 293148** **Cole Slaw ½ c**

 **598453 Salsa ¼ c 200697 Baked Fries 1 c 199044 w/Cherry Tomatoes 1/4c**  613967 Baby Carrots 1/4c

612448 Mandarin Oranges ½ c 293962 Refried Beans – 1/2c 118915 **Glazed Carrots - 1/2c 283339 Broccoli ½ c &Cauliflower 1/2c**

**201456 Apple 1/2c 283730 Whole Kernel Corn 1/2c 732451 Steamed Broccoli 1/2c Oranges ½ c**

 **762407 Apple 1/2 c**

**255521 Ketchup 2pkg-9grams 200999 Whole Banana ½ c 224456 Canned Peaches ½ c**

**791369 Honey Mustard 1pk 506109 Mixed Fruit ½ c 278971 Apple Sauce ½ c 198056 Fresh Pears ½ c 159950 Mustard 2 pkgs/5.5gms.**

**294659 BBQ 1pk-1oz 224421 Pear Halves ½ c 825010 Lt. Ranch 825010 Lt. Ranch 1pkg 255521 Ketchup 2pkgs/9 grams**

**714510 Sweet & Sour 1pk-1oz 853190 Sour Cream FF 188741 Lt. Mayonnaise 1pk Low fat/Skim Milk 8oz Low fat/Skim Milk 8oz**

**Prairie Farms Low fat/Skim 192007 Taco Sauce 2pkgs. /9gm Low fat/Skim Milk 8oz.**

**Milk 8oz Lowfat/Skim Milk 8oz**

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**Wolfe County High School will offer Papa John’s Pizza the 1st Friday of each month. Also, Chili or Vegetable Soup w/Grilled Cheese and saltine crackers will be offered on every other Thursday of Week 1. Portion sizes will be more for some items at WCHS due to higher calorie ranges.**

**MENU SUBJECT TO CHANGE DUE TO HOLIDAYS, SNOW DAYS, OR AVAILABILITY OF FOOD.**

1. [↑](#footnote-ref-1)